

# Protect Your Baby for a Healthy Future



As your baby grows, it's important for him or her to get the necessary immunizations and vaccines to prevent serious illnesses. Check with your doctor to make sure your baby gets the right shots and finishes the recommended vaccine series. Your doctor will also schedule lead tests once your baby turns 1 and 2.

The chart below lists the vaccinations your baby should receive between birth and 24 months\*. Take the chart to your baby's doctor appointments and write the date when each vaccine is received within the appropriate row.

AGE/VACCINE	AT BIRTH	BY 2 MONTHS	BY 4 MONTHS	BY 6 MONTHS	BY 12 MONTHS	BY 15 MONTHS	BY 18 MONTHS	BY 24 MONTHS
<b>Lead Screening</b>					Date: _____			Date: _____
<b>DTaP</b>		Date: _____	Date: _____	Date: _____		Date: _____		
<b>Hep-B</b>	Date: _____	Date: _____		Date: _____				
<b>Hib</b>		Date: _____	Date: _____	Date: _____	Date: _____			
<b>Polio</b>		Date: _____	Date: _____	Date: _____				
<b>MMR</b>					Date: _____			
<b>Chickenpox</b>					Date: _____			
<b>PCV</b>		Date: _____	Date: _____	Date: _____	Date: _____			
<b>RV</b> (2-3 doses, depending on vaccine used) <input type="checkbox"/> 2 series <input type="checkbox"/> 3 series		Date: _____	Date: _____	Date: _____				
<b>Influenza</b> (First vaccination: 2 doses, then yearly)				Date: _____				Date: _____
<b>Hepatitis A</b> (2 doses at least six months apart)					Date: _____		Date: _____	

\*Shaded boxes indicate the vaccine can be given during the specified age range.

- Lead Screening:** Detects elevated blood lead levels.
- DTaP:** Protects against Diphtheria, Tetanus (lockjaw), and Pertussis (whooping cough).
- Hep-B:** Protects against hepatitis B, a serious liver disease.
- Hib:** Haemophilus influenzae type b vaccine protects against pneumonia and other serious bloodstream infections.
- Polio:** Inactivated (injected) vaccine (IPV) protects against polio.
- MMR:** Protects against Measles, Mumps, and Rubella (German measles).
- Chickenpox:** Varicella zoster vaccine protects against chickenpox.
- PCV:** Pneumococcal conjugate vaccine protects against serious pneumococcal infections.
- RV:** Protects against Rotavirus, a serious diarrheal disease.
- Influenza:** Protects against the flu, a disease that can cause serious respiratory problems
- Hepatitis A:** Protects against hepatitis A, which can cause a serious liver disease.



# Lead

## What you can do to protect your child

### Lead's Effects on the Body

Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good minerals such as iron and calcium from working right. Some of these effects may be permanent.

### Lead Awareness and Your Child

Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test. Ask your doctor or health care provider to test your child at ages 1 and 2.

### Where is Lead Found?

Lead-based paint is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

Contaminated dust forms when lead paint is dry scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Contaminated soil occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

### Other Potential Sources of Lead

- ▶ Contaminated drinking water from older plumbing fixtures
- ▶ Lead-based painted toys and household furniture
- ▶ Imported lead-glazed pottery and leaded crystal
- ▶ Lead smelters
- ▶ Hobbies such as furniture refinishing, stained glass work, or art restoration
- ▶ Folk remedies like azarcon and pay-loo-ah
- ▶ Cosmetics like kohl and kajal
- ▶ Candy from Mexico

Use only cold water from the tap for drinking, cooking, and making baby formula.

Lead poisoning occurs without any obvious symptoms.

Do not store food in glazed pottery from foreign countries.



**A plan for life.**